

A Time-Stamping Guide for Catering



Importance of Time Temperature Control

Temperature Factor 100°C

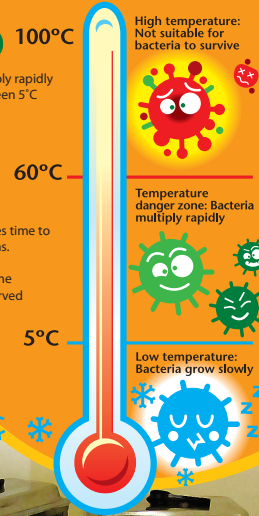
Bacteria that cause food to spoil, multiply rapidly in food exposed at temperatures between 5°C and 60°C (temperature danger zone)

Keep hot food hot above 60°C. Keep cold food cold below 5°C.

Time Factor

Bacteria that cause food poisoning takes time to multiply to unsafe levels and form toxins.

Food left in the temperature danger zone for more than 4 hours should not be served to consumers.



Time-stamping

What is a time stamp?

An advisory from caterers to inform customers on the time the food is cooked or ready to be eaten, and the time to consume the food by.

How to do time-stamping?

You are required to provide a time-stamp for every catered packed meal, tingkat and displayed meal (e.g. buffets).

For time-stamp labels on packed meals and tingkat, the lettering should be at least 3mm in height. For time-stamp signs at buffet spreads, the sign should be at least A4-sized, with lettering at least 10mm in height. The time-stamp should also carry your company name and licence number. Please use the following prescribed wordings on your time-stamp:



Company name _____
Licence number _____

FOOD READY-TO-EAT ON _____ (DATE) AT _____ (TIME).
CONSUME BY _____ (DATE) AT _____ (TIME).

- The time the food is cooked or ready to be eaten should be the time that the earliest food item is cooked or ready to be eaten for a particular order.
- The "consume by" time should be within 4 hours from the time the earliest food item is cooked or ready to be eaten and kept between 5°C and 60°C. You should not provide food that is kept in this temperature zone for more than 4 hours, as harmful bacteria might have grown to unsafe levels.



Packed meal with time stamp



Buffet meal with time stamp

For more details on other requirements on time-stamping, please visit http://app2.nea.gov.sg/Guidelines_FoodHygiene.aspx or contact NEA at 1800-CALL NEA (1800-225 5632).

时效标签指南



时间与温度控制的重要性

温度控制

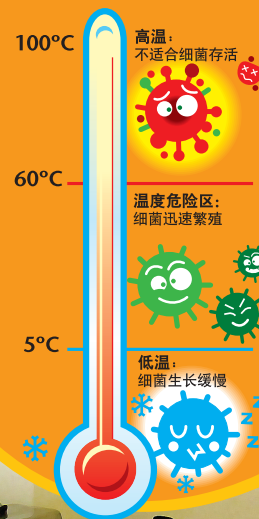
当食物存放在温度5°C至60°C (温度危险区)的环境下, 导致食物中毒的细菌便会迅速繁殖。

热食应该保存在60°C以上。冷食应该保存在5°C以下。

时间控制

导致食物中毒的细菌也会随着时间而繁殖至危险水平和产生毒素。

食物存放在温度危险区超过四小时, 便不该供应给顾客。



时效标签

什么是时效标签?

它是饮食供应商给予消费者的说明, 有助于消费者了解食物在何时烹煮或即可食用, 以及应该在什么时候之前进食。

如何编写时效标签?

餐盒与食格 (tingkat) 所附上时效标签的英文字体, 须至少高于3毫米。自助餐须附上相当于至少A4 大小的时效标签, 而标签上的英文字体须至少高于10毫米。时效标签应附上饮食供应商的公司名称和执照编号。请依照以下形式编写时效标签。



Company name _____
Licence number _____

FOOD READY-TO-EAT ON _____ (DATE) AT _____ (TIME).
CONSUME BY _____ (DATE) AT _____ (TIME).

- 食物烹煮或即可食用的时间, 应该是有关订单里最先煮熟或即可食用的那道食物之上菜时间。
- 享用时间, 应该以最先煮熟或即可食用的食品存放在温度5°C至60°C的环境下4小时为限。您不应该提供存放在温度危险区超过4小时的食物, 因为导致食物中毒的细菌可能已滋生至危险水平。



附上时效标签的餐盒



附上时效标签的自助餐

欲知更多关于时效标签之详情, 请浏览 http://app2.nea.gov.sg/Guidelines_FoodHygiene.aspx 或拨电给国家环境局: 1800-CALL NEA (1800-225 5632).